

Adult Programs

Yoga for Real People!

Ages 18 & Over

No matter if you have never taken yoga or you've been practicing for years this class is for you! Release stress and improve personal well being this summer. Yoga will bring balance, breath awareness, stamina, and flexibility to the body and mind. Students will be able to work at their own level, modifying poses as need. Participants are encouraged to bring a yoga mat to class. This class will be held in an air conditioned facility. **Limit 20.**

Dates: Tuesdays, July 13th - August 31st

Time: 6:15 - 7:15 PM

Location: Angelo Lamagna Center Mirrored Room

Activity Number: 3605.0314.401

Fee: \$25.00 Resident / \$31.25 Non-Resident

Adult Fitness Classes with Jessica Bradway

Ages 18 & Over



Hip Hop HUSTLE

Burn up the dance floor and burn calories too! Hip Hop HUSTLE™ blends hip hop and dance moves, making them simple and easy to follow! Anyone can do this! This workout feels more like a night on the town than exercise. Drop the pounds and get rapid results while you dance, dance, dance!

Limit 20.

PiYo

Lose weight and completely transform your body! PiYo™, a strength workout, is all about working it to get the most for your money. It's the perfect blend of many disciplines: sports training, core conditioning, dance, stretch, and athletic drills that will help kick up the calorie burn and build muscle! The dynamic blend of movement increases strength, core stability, and agility. This workout provides an incredible experience and helps you lose weight. **Limit 20.**

Turbo Kick

Burn calories and blast fat! Turbo Kick® mixes kickboxing and simple dance moves with music that makes you want to move it! You'll love having fun and losing weight. It won't even seem like you're working out. Burn up to 1,000 an hour during one Turbo Kick class! **Limit:20.**

PLEASE NOTE: Participants who register for any of these fitness classes should wear appropriate footwear, bring a water bottle and a yoga mat to each class.

Location: Angelo Lamagna Activity Center Mirrored Room

Hip Hop Hustle

Dates: Mondays, July 12 - August 30

Time: 6:15 - 7:15 PM

Fee: \$35.00 Residents / \$43.75 Non Resident

Activity Number: 3605.0314.402

PiYo

Dates: Thursdays, July 1- August 26 *no class 7/8*

Time: 6:15 - 7:15 PM

Fee: \$35.00 Resident / \$43.75 Non Resident

Activity Number: 3605.0314.403

Turbo Kick

Dates: Wednesdays, July 14 - August 25

Time: 6:15 - 7:15 AM

Fee: \$30.00 Resident / \$37.50 Non Resident

Activity Number: 3605.0314.404

Please note this is a morning class. Locker rooms and showers are available to use after class.

Adult Open Gym Basketball Information

Ages 30 & over

The Enfield Recreation Department hosts Open Gym Basketball time for adults 30 and over. Participants must show proof of age and residency to participate in addition to having a program waiver on site where they participate. There is a nightly fee for these programs.

30 & Over

Tuesdays

6:00 PM - 9:00 PM

40 & Over

Saturdays

9:00 AM - 12:00 Noon

Location:

Angelo Lamagna Activity Center Gym

Dates:

June 8 - August 28

Fee:

\$2.00 Resident

\$2.50 Non-Resident

Please note that if the gym gets over crowded, residents will get first priority to play.

Open Gym at ALAC



The Angelo Lamagna Activity Center offers **FREE** open gym time.

Monday - Friday
12:00 - 2:00 PM

&

Monday
6:00 - 8:00 PM

Starting June 7th

For Enfield residents
ages 18 and up.

Participants must wear sneakers and bring their own basketball.

